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THE CANADIAN NURSE

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THE

CANADIAN NURSE

A Monthly Journal for the Nursing Profession in Canada

Editor and Business Manager.....MISS HELEN RANDAL, R.N.

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Memorial Committee

Report of the meeting of the Memorial Committee, held April 26th, 1923.

TREASURER'S REPORT

The treasurer submitted the following report, dated April 21st, 1923:

Receipts—	
Ontario	$12,894.58
Quebec	7,293.63
British Columbia	4,661.95
Saskatchewan	2,948.90
Alberta	1,811.55
Manitoba	1,745.23
New Brunswick	960.65
Carried forward	$32,316.49

Brought forward	$32,316.49
Nova Scotia	814.33
Prince Edward Island	324.90
United States	15.00
Interest	161.66
Total	$33,632.38
Expenditure	121.70
Balance in bank	$33,510.68

REPORT FROM BUSINESS COMMITTEE

Miss Gunn had received the following verbal report from Mr. Larkin, which she communicated to the committee, viz., that the Business Committee had gone carefully into the question of costs for the memorial to be placed in the Hall of Fame, and that they had decided that $35,000.00 would cover the entire cost.

The secretary then submitted a new objective for each province, based on the lower estimate. It was decided that the secretary should communicate at once with each province, informing them that the estimate has been reduced to $35,000.00; asking them to send all funds that are now in hand to the national treasurer as soon as possible so that she may find out exactly how much money has been raised; to stop collecting funds in the meantime, as it appears probable that the total amount desired has already been raised; and that the secretary should promise to write the provinces further instructions as soon as a report is obtained from the national treasurer of the final collection from every province.

E. KATHLEEN RUSSELL,
Secretary.

RULES FOR GOOD DIGESTION

In order properly to digest your food, it is necessary to have real co-operation throughout all the army of workmen concerned in the process. So here are some rules that help toward that end:

(1) Do not eat unless you are hungry! If you persist in eating just because the clock says it is meal time, you will eventually regret it.

(2) Thoroughly masticate whatever you do eat. I mean this literally. Just keep on chewing until the food goes down of its own accord.

(3) Be moderate always.

If you really follow Rule No. 2, the last is unnecessary. Learn to hear that small voice within that says, "Enough—I need no more," and do not tempt yourself or others by dainty bits when you have had what you need.—C. RICHMOND, D.O., in *The Health Builder* for March.

Brains In Nursing

An Address given recently by SIR MICHAEL SADLER at the Prize Distribution at Leeds General Infirmary, Leeds, England.

This, said Sir Michael Sadler, is the first occasion upon which we have met since the University of Leeds instituted the nursing diploma, which was conferred for the first time by a vote of the court of the university, "honoris causa," upon the lady superintendent of the General Infirmary at Leeds, and is now held by others.

In recognition of the fact that experience and practical training are the indispensable foundation of a nurse's professional equipment, the university requires that, before presenting themselves for examination for a nursing diploma, candidates must have completed four years' hospital training in a general hospital recognized for the purpose. That four years' hospital training must include instruction and tuition in ward nursing, the principles of surgical technique, sick-room cookery, etc., and other necessary parts of a nurse's qualifications. But the main purpose of the university in establishing the diploma is to accentuate the value of other factors in a full training for a great profession, namely, an adequate standard of general education and the systematic study, helped by lectures, demonstrations, and tested by written, practical and viva voce examinations in all the various subjects. I have, therefore, taken as the subject of this address, "Brains in Nursing," not because any of us ignore the part which brain-power takes in the mastery of technique through practical experience, but because we believe that natural ability may be developed and matured by systematic intellectual work before and alongside of infirmary and sick-room practice, and, I will hope, with the qualities which are good strengthened and developed.

TACT

Tact is a precious quality in a nurse. It helps her to get things done as they should be done, without temper or friction; but tactlessness is infectious—happily so is tact. We are imitative creatures—more imitative than we know. There is often tact in not saying things; there is brain work sometimes in holding our tongues. Some thoughts, even a nurse's thoughts, should be too deep for words. Whether tact can be taught or not, it can be caught, caught almost imperceptibly, like good manners from one's elders and from companions—a good deal of the finest education comes from being imbued with a fine tradition. I suppose that some schools have a tradition of good manners, a university may have a tradition for friendliness, and an infirmary a tradition of tact. That would be what an American would call a "bull" point in a diploma of nursing.

INSIGHT

Insight is another thing worth having, if you have not too much of it. Like other virtues, insight is a mean between two extremes: it lies

halfway between prophecy and suspicion. It sees how much there is to understand, understanding it forgives, and forgiving it understands. Insight is akin to imagination, and, like it, is the gift of nature rather than of education. But education can deepen insight just as it can stimulate and train the imaginative power. How it does it is not easy to say—it has to begin early, and that is why the first years of education are of such extraordinary importance. It does it less by direction than by what one may call "presenting a diet for the mind." It feeds the mind on the right things, and is careful not to overfeed it.

Imagination

Imagination, like tact, is caught rather than taught, but of the wisdom of his immense experience Goethe said that "Character makes character." Imagination in the same way is caught from imagination, not only from its living presence, but from the imprint which imagination has left; it may be long ago in music, in architecture, in pictures and in books. Insight, imaginative insight, is a good endowment for a nurse—it divines things which may not be strictly medical and surgical, but which matter in the sick-room—a biologist has told us what he learned at Oxford from Rolleston. A high standard of exactitude? Yes. Caution and courage in reasoning? Yes. But something more fundamental than these: the power of seeing things, actually seeing them under the microscope. You go out for a walk in the woods with a skilful naturalist—without appearing to teach one, how much he helps one to see! How blind one feels when, time after time, he sees things you would have passed unnoticed! How he skins your eyes! And this is education, the education which matters most, though it needs to insist upon much else beside before it can complete its work. To notice things is part of the skill of a nurse. And I suppose that one of the best things one gets from a competent and thorough education is the habit and power of taking notes systematically and accurately, and arranging one's notes so that they may be ready for instant use. The educated mind classifies its impressions, groups them as they should be grouped, retains what is essential, reflects over them and draws conclusions from them, revises these conclusions when it discovers them to be incomplete, and keeps just below the threshold of conscious memory a multitude of other impressions and observations which, though discarded at the time, "come in," as we say, later and find their place in our fuller and riper knowledge. It is this power of selecting, recording and reasoning upon what we observe that education can train and strengthen. There is a moral element in it as well as an intellectual, and there is a physical side to the process too.

True Education

But true education is a subtle blend of the physical, the intellectual and the moral. It is not enough to be good; there must be mind in the goodness. It is not enough to be clever; there must be goodness mixed with the cleverness. And it is not enough to be born with a mind as

sensitive as a photographic plate—the power of selecting what, for our particular purpose, is worth notice is indispensable to judgment. And, however instructive the selection, however automatic it may appear through long practice to have that power of selecting the relevant out of a multitude of things relevant and irrelevant, it is a power of the mind. In the habit of taking notice, in learning what to notice, in noticing the right things, lies much of the brain work of a nurse. There is another function of the mind, important in all responsible work, and therefore in nursing, which, for want of a current word, we may call "rehearsing beforehand." It is a pleasant and interesting occupation of the mind, and saves trouble "on the day." You have a more or less intricate procedure to plan ahead: a variety of contingencies to be ready for; your resources must be marshalled beforehand and cannot be improvised at the last moment. So you sit down and imagine. You think out in detail how you want things to go, what must be ready and might be necessary at the right time. What may happen and, if it does happen, what shall we do? And so on, anticipating possible events, planning the best arrangement, seeing it all in the mind's eye, vividly and quickly, but in order and without wool-gathering, or shirking of difficulties, or excitement, except the healthy excitement of the mind when it uses its powers and goes hand in hand with forethought and judgment. This is brain work which education and self-training teach one how to do. If we are taught, and take the trouble to teach ourselves how to do it, we can think, as Stevenson said, of "a number of things" and brigade them into ordered columns for review. This is the secret of good administration with brains in it, the administration which goes so smoothly that it can keep out of sight when the time comes for the realization of what it has foreseen and provided for. And in a nurse's work, whether done singly or in a team, there is need for this element of imaginative forethought, for the rehearsal in the mind.

Character

But though brains help in making character, character calls for more than brains—and in nursing, as in every other vocation, nothing counts so much as character. Education is worth very little unless it trains us to be able to do things which we ought to do even when we may not be inclined to do them. Those horrid things, examinations, which it is impious to worship but risky to neglect, can at any rate teach us to do things against the grain, against some distant day of testing judgment. How often must a good nurse wish that she could lie on the sofa and read a novel instead of doing what she knows she ought to do! Brains help us to a right decision even in these difficulties, because they give us strength of mind to see what is really at stake, and to keep ourselves, however unwillingly, to the point of our duty. But something that is not purely brainy helps us even more, and that is *esprit de corps*. . . . There are times when it may make a good deal of difference to remember that something much bigger than our individual selves are involved in our playing the

game. The honor of our calling helps us, and in a living ideal of honor there is an intellectual element which keeps it fresh and free—and *esprit de corps* with this intellectual thoroughness in it makes hard work easier to do. A good nurse, like a good teacher, is born and made. She is born with aptitude, hand, mind and temper. She is made by instruction, self-training and experience. Both on the moral and the intellectual side brains tell, and brains are developed by training. Perhaps the last and best lesson that we can learn is to be content with our duty, and to bear what we are set to bear loyally, bravely and cheerfully.

—*The Nursing Mirror.*

SPLINTERS FROM THE CROSS

Little headaches, little heartaches,
Little griefs of every day,
Little trials and vexations,
How they throng around our way!

One great cross, immense and heavy,
So it seems to our weak will,
Might be borne with resignation,
But these many small ones kill.

Yet all life is formed of small things,
Little leaves make up the trees,
Many tiny drops of water,
Blending, make the mighty seas.

So these many little burdens
Pressing on our hearts so hard,
All uniting, form a life's work,
Meriting a grand reward.

Let us not, then, by impatience
Mar the beauty of the whole,
But, for love of Jesus, bear all
In the silence of our soul.

Asking Him for grace sufficient
To sustain us thro' each loss,
And to treasure each small offering
As a splinter from His Cross.

The European Council for Nursing Education Second Annual Meeting

By KATHERINE M. OLMSTED
Bulletin, League of Red Cross Societies.

The European Council for Nursing Education held its second annual meeting at the headquarters of the League of Red Cross Societies, Paris, March 12-16, 1923. About three hundred nurses from eighteen different countries attended the conference.

It was not just the interest of the special papers and individual speakers, nor even the great pleasure and satisfaction of having an opportunity to meet and become acquainted with nurses from so many countries that made this recent meeting in Paris unique and different from all other nursing conventions I ever attended. To my mind, the spirit of unanimity and the definitely recognized interdependence of nurses and those interested in promoting nursing education was the greatest contribution this meeting gave.

As never before, it was acknowledged that the interests of a group of nurses in one country are really not separate from those of any other country, and that in discussing nursing education persons not themselves nurses often have ideas, suggestions and plans well worth listening to and often worthy of adoption even by nurses.

Not less important was the value of having hospital administrators, Red Cross officials, doctors and persons actually responsible for the education of nurses, and in some countries the lack of education, hear the many very excellent papers and discussions read by nurses who are successfully administering training schools in near-by countries.

No one who attended this meeting, called by nurses and conducted by nurses, would question their wisdom in opening all but the business meetings freely to everyone interested in nursing, if they could have seen and listened to the many earnest conversations on all sides. Heads and tongues were busy, and many of us overheard remarks such as: "Well, if they can do that in ——, we can do it in ——"; "We can have a longer course just as well as not"; "We, too, must have a modern central school building." In one country where nursing standards have always been at a very low level and no one at all interested in helping a few struggling nurses to improve it, a most influential and well-informed woman has returned with the determination, she says, "to have something worth while for our nurses to tell about at the next conference." The conference demonstrated convincingly that we need this means of thinking together, and further that we need the benefit of joint judgment and free open debate upon our nursing problems.

Just as each group is profoundly affected by the seriousness of the nursing questions arising in its own country, so it is the direct responsibility of each to help to solve them.

The European Council for Nursing Education is scarcely a year old. Born only last June in Prague, it has scarcely had time to formulate its policies, and as its president, Miss Newton, from Belgrade, aptly remarked, "We thought we had a pigeon, but we find we have an ostrich." All plans are made for a small group of nurses to comfortably discuss their problems together, but the spirit which brought so many nurses from countries advanced in nursing, and so many advanced thinkers from countries considered very backward in nursing, is a spirit and a force which cannot be dealt with easily nor carelessly.

The remarkable interest and enthusiasm of all those attending the conference gave life to a new organization, and plans are being made and methods being studied in order to successfully adapt this organization to meet the needs for future work.

I believe that in the minds of many of us are the questions, "What shall be the future of this organization?" and "Is there a need for such an organization and special work to which it should consecrate itself?"

I believe that the very near future will show us that it must enter upon a much broader programme than was ever conceived in Prague last year by the few nurses who originated the council and who met solely and selfishly for the purpose of discussing and gaining stimulation and new ideas for themselves from those similarly occupied in other countries. Much thought will undoubtedly be put into the formation of a suitable constitution for the council, but the following aims expressed in the original are worthy of survival:

1. The further attainment of uniformly high standards in schools of nursing which are being established in Europe.

2. The initiation of a campaign of education destined to inform the public as to

(a) The standards requisite for a fundamental education in nursing;

(b) The position which the nurse should occupy in the community after her graduation.

3. The establishment of a simple organization which will serve the nurses until such times as they are able to form their own national association and become members of the International Council of Nurses.

It has been said that successful conferences are dependent upon certain elements, of which several important ones are leadership, the development of membership, and presentation of concrete problems for solution.

Before the first few days of the meeting were finished several leaders became recognized; the first and most generally acknowledged was Baroness Mannerheim. Had we not known that she represented, as president, the International Council of Nurses, had we never heard of her magnificent work for nurses in Finland and throughout the Scandinavian countries, she would still have stood forth as a leader, distinguished above others by efficiency, strength, wisdom and a sense that she was filled with human sympathetic feeling and understanding that

endeared her to all. Miss Enid Newton, the new president of the European Council for Nursing Education, gained the admiration and respect of all by her frankness, her fairness, her tact, and her ability to look beyond the harassing problems of the week into the clear and promising future of the council. Her strong personality and her sense of humor won all our hearts.

Membership was eagerly sought and many applications were received, but, owing to the necessity of making certain changes if possible to formulate an organization coincident with and in co-operation with the International Council of Nurses, no action will be taken immediately upon membership applications received.

A great many concrete problems for solution were presented, and ranged from the problems of the schoolroom to those of an organization best fitted to allow fair open discussions on all the vexed questions.

Perhaps this organization will never make a greater contribution to nursing than to have crystallized this vague group consciousness. It may well serve, during these uncertain times, as the medium through which we who are interested in nursing can think and work together. It has already been a clearing house for our ideas and a forerunner of our discussions. In our enquiry as to the apparent and special need for this organization, let us first consider its particular make-up.

It holds a unique position as a voluntary body of the workers in the field, democratically organized and representative of all parts of Europe, all varied types of nurses; it exists alike for all, to serve each and any group in so far as its funds and its policies, which should be passed upon by all, permit.

In other words, here is the official body, representing experts working in the field of nursing, to be consulted by all and developing itself to provide a particular service that will benefit all groups interested in nursing.

At present there is in Europe no other organization of this type to which individual nurses or people interested in nursing can belong.

The International Council of Nurses is a goal toward which organized nursing councils in countries advanced in nursing can and should aspire, but it is to the European Council that nurses and individuals struggling toward developing nursing in its infancy can turn for encouragement and help. The members are for the most part pioneers in nursing in countries where there are few nurses and no national organization, where nursing standards depend not upon legislation or public opinion but upon the initiative, the intelligence and the fortitude of perhaps but a few people.

It is to these people, some of whom are nurses, others Red Cross workers, physicians, health, educational or government authorities, but all advocates of nursing standards, high or low, that the European Council for Nursing Education can best fulfil the task it has set itself to do.

Editorial

Another milestone in nursing educational progress was passed the other day when the first three nurses in Canada to be granted a degree in Applied Science (nursing) graduated at the University of British Columbia, after the five years' combination course at the university and hospital. These three nurses, Misses Beatrice Fordham Johnson, Marion Fisher and Margaret Healey, were all graduates of the Vancouver General Hospital, where they took the hospital training in connection with the course. The crying need for teachers and properly trained hospital executives, as well as for the executive and teaching positions in the public health work of Canada, shows clearly just the value of such a course. When practical experience has been added to the degree, one can easily see the increasing demand for women who can present such credentials. Let us hope that this point of view will be encouraged by the demand by hospitals for women with such ability and experience for executive and teaching positions in all training schools, and a long step forward in nursing education will be taken.

* * * *

One is glad to record the appointment by the Ontario Government of Miss E. MacP. Dickson as acting Inspector of Training Schools in the Province. Some special work is to be done by Miss Dickson, after which the question of the appointment of a permanent inspector will be taken up. Miss Dickson had a long experience in connection with training schools and nursing matters generally which should fit her for the position, which is a most important one.

LIFE

On either hand we behold a birth, of which, as of the moon, we see but half. We are outside the one, waiting for a life from the unknown; we are inside the other, watching the departure of a spirit from the womb of the world into the unknown. To the region whither he goes, the man enters newly born. We forget that it is a birth, and call it a death. The body he leaves behind is but the placenta by which he drew his nourishment from his mother Earth. And as the child-bed is watched on earth with anxious expectancy, so the couch of the dying, as we call them, may be surrounded by the birth-watchers of the other world, waiting like anxious servants to open the door to which this world is but the wind-blown porch.—GEORGE MACDONALD.

The World's Pulse

By Elizabeth Robinson Scovil

A Pilotless Airplane

A large Voisin airplane, a bombing machine with a 300-horsepower engine, recently made a flight in France. It was controlled by wireless manipulated from the ground. When this method of control is perfected it is expected to use it for commercial airplanes. Those fitted with special engines could be made to fly in the upper air where no pilot could breathe. The air resistance there is so slight that a great rate of speed could be attained.

Depression of Agriculture

Farming in England seems to be in a very depressed condition. There have been such heavy losses in the last two years it is feared that farmers may be unable to sow corn and plant roots. In some of the wheat-growing countries a large proportion of land is reverting to pasture.

The City of Abraham

The University of Pennsylvania, in conjunction with the British Museum, has been conducting excavations on the site of the Chaldres, in Mesopotamia. There was a city there a thousand years before the time of Abraham. A large number of tablets of clay, with inscriptions, have been found, and the translations will probably prove of extreme interest.

A New Island

A new island has appeared off the coast of China as the result of a submarine volcanic explosion. It is about 400 yards across and has been taken possession of by France.

Porterhouse Steak

It may be of interest to nurses to know the origin of the Porterhouse steak, as it is supposed to be the best in the world. Somewhere about 1866 a Mrs. Rennick became cook at the Porter House, an hotel in Cambridge, Mass. Her cooking made the hotel noted, especially a particularly delicious steak cut between the sirloin and the tenderloin and called after the hotel a porterhouse. Mrs. Rennich has just died at the age of 87.

A New Letter Stamp

Stamped on Canadian letters is the good advice, "Write often and keep the family together." Another is, "Do not place money in unregistered letters." A third, "Avoid forest fires." At Christmas time American letters bore a statement, "Christmas seals stamp out tuberculosis." The postal authorities have found that envelopes, sent through the mail, are a good medium for distributing information.

-An Early Bible

A Gutenberg Bible, the first book ever printed with movable type, is part of a collection recently bought by a New York man, in London, at a cost of about $450,000.00.

Speed in the Air

Lieut. Lester Maitland, of the U.S. Army, is at present the holder of the world's airplane speed record. At Dayton, Ohio, he piloted a Curtiss racing plane at an everage speed of 243 miles an hour.

Executive Ability

A bucket brigade of 200 children, organized by an American nurse, kept back the flames of a fire that threatened the destruction of the orphanage buildings at Alexandropol, where 16,000 Armenian children are housed.

A Women's Memorial

The Princess Mary has given $250.00 to the fund for the restoration of the Five Sisters window in Yorkminster, as a memorial to all the women who lost their lives in the Great War.

Sarah Bernhardt

Mme. Rosine Bernhardt, whose recent death has removed perhaps the most famous actress in the world, was born in 1846 of Dutch-Jewish parents. She was only sixteen when she made her first public appearance; when she was taken ill last autumn she was about to take part in a new play. When the Kaiser invited her to play in Germany she wired that she would do so if he gave Alsace back to France. She had carried a rosewood coffin about with her for forty years and was buried in it in Pere-la-Chaise, Paris.

Capt. Cook's Log

Capt. Cook, the great explorer, made his first voyage of discovery to the South Seas in 1768. He then charted the eastern coast of Australia and the coasts of New Zealand. The log of the "Endeavor," the ship which he commanded during this voyage, has just been sold in London for nearly $25,000.00. It was bought by the principal librarian of the Public Library of New South Wales, who came from Australia to purchase it.

An Artificial Earthquake

The scientists of the geological section of the Carnegie Institute intend to place about twenty tons of explosives in an old mine, walled in so that their force will be concentrated, and then explode them. Recording instruments will be placed at various distances from the mine, from a few hundred yards to a few miles, and the speed of the shock, through the various strata, will be shown. It is hoped to secure greater accuracy in recording disturbances from earthquakes.

News from the Medical World

By Elizabeth Robinson Scovil

Cystitis in Children

The treatment employed by a Philadelphia physician consists of the injection into the bladder of 5 c.c. of a 10 per cent. solution of silvol or neosilvol. The tenesmus promptly ceases, the frequency of urination diminishes, or disappears, and the child is immediately comfortable and quiet. The injection can be repeated if necessary.

Radium in Menorrhagia

Radium has been found valuable in the treatment of hemorrhage from the uterus. It is a valuable and efficient method of controlling excessive hemorrhage at the menopause. It is useful in small, uncomplicated fibroid tumors of the uterus, and in excessive menorrhagia in young women which resists ordinary methods of treatment.

Roentgen Ray and Whooping-Cough

A series of 26 cases of active partussis were treated in Boston by roentgen ray. The age of the patients varied from three months to forty years, and they were in different stages of the disease, from one to ten weeks. The dosage was regulated by the age of the patient. There was definite improvement in the cases; the spasms and whoops disappeared after two or three applications in some cases, and all were relieved.

Preparation of Skin

The quality of alcohol is not to be relied upon in the present day and its potency as a sterilizer is sometimes open to doubt. It is advised that in preparing the skin for the insertion of the hypodermic needle tincture of iodine should be used as a sterilizer. The color makes it impossible to mistake the spot that has been disinfected and its efficacy is unquestioned.

Insulin

Insulin is now being used in London, at St. Thomas' Hospital, St. Bartholemew's, Grey's, the London and University College Hospitals in Sheffield, and at the Royal Infirmary, Edinburgh. It is stated that insulin is a powerful remedy, and its use in the hands of experts has at times given cause for anxiety.

Water for Babies

Water equal to 3 ounces per pound of the baby's weight is sufficient for young infants, and about 2½ ounces per pound for older babies. The difference between the total day's fluid requirement and the milk in the mixture can be added as boiled water, or cereal water, or a part if it can be fed between meals.

Boiled Butter for Infants

It has been found that boiled butter can be substituted for cream in the ordinary skim milk dilutions used for bottle-fed babies. Boiling butter for five minutes or less frees it, in a great measure, from the volatile fatty acids contained in it. Vomiting and diarrhoea are neither induced nor made worse by the use of butter; in fact it sometimes relieves them. Babies have gained on it from one to nearly two ounces a day.

Pneumonia and Electricity

An experiment has been tried at St. Mary's Hospital, Brooklyn, N. Y., in the use of electricity in pneumonia. The X-ray specialist of the hospital introduced it after it had been tried in twenty cases in the United States Marine Hospital, Staten Island. The method consists in the application of plates to the chest and back of the patient and passing a current of electricity through them. The theory is that this reduces the temperature in the lungs and promotes resolution, relieving congestion. Heat to the surface, as poultices and mustard plasters, has long been used in the treatment of pneumonia. The new method merely intensifies the heat and carries it to every part of the organs. As far as reported no patient treated by this process has died.

Morphia in Chronic Disease

Dr. Maurice Renand, of Paris, has called attention to the abuse of morphia in chronic cases. In those which he studied, he concluded that morphia did not make it easier for the patients to bear their discomfort, nor did it alleviate any of their symptoms. Morphia acts as a sovereign remedy only in acute and paroxysimal pain and suppresses the marvellous power of the human organism to become accustomed to the most abominable situations. He believes that the injection of morphia should be an exceptional form of medication, since the benefits are only transient, and deplorable symptoms result if it is prolonged for more than a few days.

Social Hygiene Campaign

This campaign was inaugurated in January by the Canadian Social Hygiene Council, under the auspices of the Department of Health of the Province of New Brunswick. Three officials of the Health Department travelled almost continuously for two weeks, conducting public lectures in every part of the province.

Osler Memorial Fund

The Oxford Osler Memorial Fund announces that $10,000.00 has been received. A bronze plaque is to be placed in the university museum, a memorial medal awarded every five years to a graduate of the University of Oxford who has made some distinguished contribution to medical science, and to form an Osler fund to assist teachers of the medical faculty to travel in the interests of medical research.

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The Public Health Programme for Halifax and Dartmouth

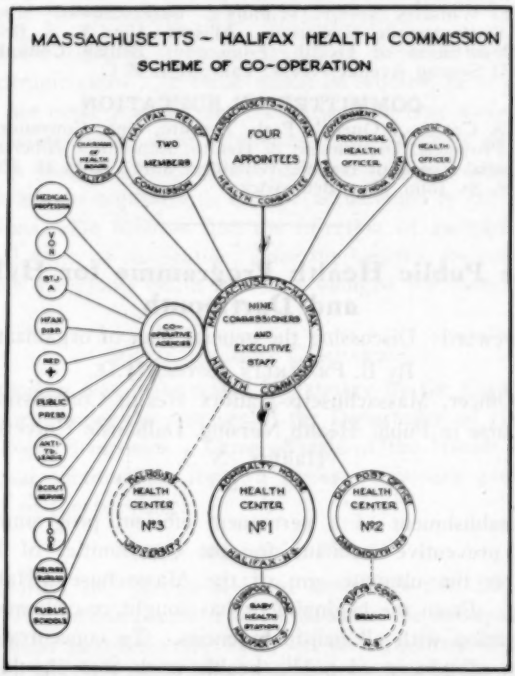
Foreword: Discussing the general plan of organization.

By B. Franklin Royer, M.D.,
Executive Officer, Massachusetts-Halifax Health Commission; Director, Course in Public Health Nursing, Dalhousie University, Halifax, N. S.

The establishment of a permanent efficient programme of public health and preventive medicine for the communities of Halifax and Dartmouth is the ultimate aim of the Massachusetts-Halifax Health Commission. From the beginning it has sought co-ordination of effort, and co-operation with all helpful agencies. To concentrate under one organization all phases of public health work that should be directed solely by city health officials and paid for out of the taxes; to do its part in reducing sick rates and death rates by a wise expenditure of funds; to

help by word and deed to demonstrate "the saving of a life a day"; to gather facts and figures so indubitable that, by the end of a five-year period, they will point to ways and means whereby each subsequent quinquennium will save for future usefulness more lives than were lost in the disaster of 1917; to make public health so popular that city officials may direct it without opposition; to render such assistance in public health education that a sturdier, healthier race will succeed the present generation. These are the principal thoughts in the minds of the commission that guided it in working out the programme to be discussed in this and subsequent articles.

The Massachusetts-Halifax Health Commission consists of nine men, three of them being members by virtue of their offices—the provincial health officer, the chairman of the Halifax City Health Board, and the health officer of the town of Dartmouth. Two are appointed by the Halifax Relief Commission, and four by the Massachusetts-Halifax Relief Committee of Boston. The commission operates under a special provincial law, and meets semi-monthly. The provincial and local health authorities are members of the commission for the purpose of co-ordinating the established work of each with the new work undertaken by the commission.



For carrying out its programme there were certain primary essentials—a series of health centres at strategic points, a volunteer staff of

doctors with a modern public health viewpoint, a dentist, and, above all, a corps of public health nurses and visiting housekeepers to follow up, make social investigations, visit, instruct, report, and re-educate.

It was found impossible to secure a sufficient number of public health nurses immediately, owing to the demand elsewhere for the few available. To meet this emergency, the executive officer, acting in co-operation with the university authorities and the Red Cross Society, planned and carried through a university course in public health nursing. In September, 1920, a class of thirteen public health nurses was made available to the commission, the provincial departments of health, the Victorian Order, the public schools, and other agencies—the first systematically trained class in Canada. Two other classes have since graduated, and the fourth class is now in session.

The commission has been fortunate in the buildings secured for its use. For the first health centre, through the good offices of the Department of Naval Affairs, the free use of Old Admiralty House—a building

Old Admiralty House

splendidly adapted for the purpose—was obtained. The old Post Office Building, Dartmouth, was rented from the Minister of Public Works, Ottawa, and transformed into Health Centre No. 2. The third health centre, which will serve as an out-patient department for the group of four hospitals immediately adjacent to Dalhousie University, will be opened during the summer of 1923. This Dalhousie Centre—in which will be merged the old Halifax Dispensary—will perform the same services for the south end of the city as Health Centre No. 1 does for the north end. It is worthy of note that, after the representatives of the Rockefeller Foundation had gone over the work already accomplished

at the first health centre, a fund of $200,000 was "earmarked" for the establishment and maintenance of the health centre at the university.

Besides these main health centres, there are in operation three sub-stations — at Tufts Cove, an outlying district of Dartmouth, where an advisory clinic and nutrition class are held every Friday afternoon; at Africville, the colored section of Halifax City, every Thursday afternoon; and at the Quinpool Road School, Saturday afternoon.

In health Centre No. 1 the following medical, dental and nursing consultation clinics are operating: Tuberculosis, under Drs. Sieniewicz and Grant, opened May, 1920; baby welfare, under Dr. Wiswell; ear, nose and throat, under Drs. MacLennan and Hemmeon*, June, 1920; psychopathic, under Drs. Kenneth MacKenzie and J. G. MacDougall, for study and supervision of certain of the explosion injured, January, 1920 (this will soon be discontinued); pre-school age dental, under Dr. Arrabelle MacKenzie, February, 1921; posture, under Dr. Alan Curry, October, 1921; pre-school age welfare, under Dr. Turel, March, 1922. In addition—from the opening of the health centre—a venereal disease clinic, under Dr. Glen Donovan, has been held three times a week under the medical guidance and financial support of the Provincial Department of Health, in co-operation with the public health nursing staff of the Massachusetts-Halifax Health Commission. In the Dartmouth Health Centre similar public health consultation clinics (with the exception of venereal diseases) are operated most successfully, although on a smaller scale, under the medical guidance of Drs. H. A. Payzant, G. G. Gandier, of Dartmouth, and Drs. Sieniewicz and Tidmarsh, of Halifax.

Public health nurses attend at each of these clinics to assist the physician in charge, and to record notes in each case for home teaching and permanent histories. Each family registering in one of the health centre clinics, as well as each family with whom the nurse establishes contact, becomes automatically the future charge of the public health nurse in the district in which the family home is situated. In one way or other, each nurse's list of families increases steadily. During the statistical year ending September, 1922, 34,916 home instruction visits were given by nurses and visiting housekeepers in about 2,500 families, in contrast to 7,349 medical, dental and nursing consultations, which shows how systematically families are followed up after receiving advice and instruction at the health centre, and indicates how favorably the work is being received by the public.

The visiting housekeepers, now three in number, follow the public health nurses into those homes where problems of nutrition or domestic economy must be met and settled, and give the necessary practical help to the uninformed, struggling mother. She also shares with the doctor in charge and the public health nurse the instruction of under-nourished children in the several nutrition classes held weekly.

*Since resigned.

Public health literature is used liberally by the field staff. It is compiled by members of the staff, and edited in the executive offices provided for the commission in the Provincial Government Annex. Since inaugurating the work, a series of folders on various phases of public health, small enough to fit in the ordinary business envelope or a nurse's bag, have been printed, and more will follow. There have already appeared folders on motherhood, save the babies, cleanse the teeth, tonsil and adenoid sermonette, milk sermonette, healthland, and a series of four on rational diet for the young child. The commission has also reprinted a booklet on tuberculosis, by Dr. Miller and Miss Mortimer, of the Nova Scotia Sanitarium. A number of articles which have appeared in journals published in various parts of the world have also been reprinted. At the time of writing (February 9, 1923), there is on the press a folder, "Does the Shoe Fit?" A sermonette on posture and another on vitamines was released to the daily press before being placed in general circulation. These little folders all bear an attractive, appropriate silhouette on the cover, and are simply and interestingly written. The *Canadian Mothers' Book* and the *Blue Book* series are freely used, together with Government milk pamphlets.

It is worthy of note that, in less than three years after the health centres were organized, this community programme is proving its worth. The general death rate, which was 20.2 per thousand for the ten-year period ending September, 1919, dropped to 14.3 by the corresponding date, 1922. Infant mortality dropped from 187.5 per thousand for the same period to 97.6. The smaller community across the harbor shows a corresponding reduction.

From its inception the commission has had the loyal co-operation of the press, not only in Halifax and Dartmouth, but also in the provincial towns and beyond. They have been generous in the space allotted to the work of the commission, and more than sympathetic with its aims and hopes, and have done not a little to educate public sentiment in favor of modern public health. The sympathy of the community, together with the results already achieved, are most encouraging to the commission and its staff, and urge one and all to greater effort during the remainder of its existence.

Royer, B. F.—Work of the Massachusetts-Halifax Health Commission (Med. Jour., Australia, April 29, 1922); Health Centres of the Mass-Hal. Health Comm. (Jour. A.M.A., October 14, 1922); ditto, reprinted (Amer. Jour. Dentistry, December, 1922); Public Health Promotion for Halifax and Dartmouth (Social Welfare, February, 1921).

Note:—A general idea of the aim and scope of the Massachusetts-Halifax Health Commission and an outline of its prospective work at the time of organization was presented to the readers of *The Canadian Nurse* in several articles a few years ago, and from time to time since then there have been notes on the progress of the work in its Public Health Nursing Department.

Murray, Mrs. E. M.—Saving Babies in Halifax, vol. XV., No. 2, pp. 2171-2174, December, 1920.

Bligh, Mrs. C. B.—New Public Health Programme for Hailfax, N. S., and Dartmouth, N. S., vol. XVI., No. 2, February, 1920.

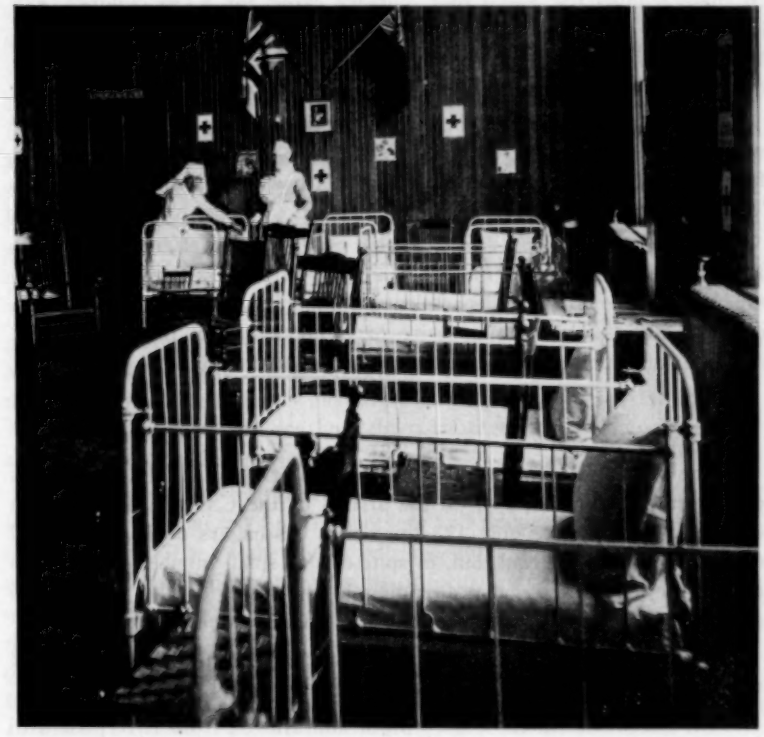
A Nursery by the Sea

One day last winter a weary and hungry little procession filed into the Red Cross Nursery at the port of St. John. At the head was a travel-worn woman, followed by six children, ranging in age from three to fifteen years. They had arrived from England on the big Atlantic liner which had just docked with her human cargo, five hundred of whom were third-class passengers. The weary mother, refreshed by tea and ensconced in an easy chair in the rest-room, told the Red Cross port nurse a story of four years of struggle in the Old Country while the father was vainly seeking work, and then a still harder struggle when the mother was left alone to support her family, by hard work in a brickfield, while the father blazed a new trail in Canada. Now he had managed to put up a tiny shack just outside Toronto, and had sent home money to pay the fares of the family from London. Thinly clad, and with hardly a penny to purchase food, the little company were starting on the "last lap" of their long journey. The nurse realized that there were still many weeks of wintry weather to be faced, and was glad to be able to outfit mother and children with warm clothes supplied by the I.O.D.E., while Red Cross funds provided food and pocket money. A "welfare card," forwarded by the nurse to Red Cross headquarters in Toronto, was sent on to the City Public Health Nursing Department, giving the names, circumstances and address of the new arrivals, for in this service the City Health Department co-operates with the Red Cross. After a long search the public health nurse finds the little shack in the middle of a field. Through her good offices two of the older girls are placed out as domestics in good families, the younger children are sent to school, and the whole family helped and guided until they have found their footing in the strange conditions of the new home.

This little story, founded on fact, will show the part played by the Red Cross nursery at the ports, and the "follow-up" system by which the port work is completed.

The Red Cross was invited to undertake this service by the Federal Departments of Health and Immigration, mainly in the interest of mothers with young babies, and it is to these travellers that the Red Cross directs its first attention.

Quarters are arranged for the nursery at the ports of St. John, Halifax and Quebec by the Department of Immigration, close to the spot where the medical and civil inspection of passengers takes place. The women and children are guided to the nursery, where a cheery welcome awaits them from the nurses and the voluntary workers, who are ready to give them all sorts of help. There are beds for weary mothers and a welcome cup of tea, and baths and cots for fretful babies, and milk and biscuits for older children.



At St. John a V.A.D. of the St. John Ambulance Brigade conducts a post-office for the convenience of the travellers, and sells stamps, stationery and postcards in a room where there is a writing table which is always well patronized. During the hours which often elapse between the arrival of the ship and the departure of the train the Red Cross nurse finds many opportunities for a talk on Canadian standards of child hygiene, or of the value of breast feeding, or of the best fashions in infants' clothing. There is a supply of health pamphlets on hand for free distribution; some specially written for the Red Cross, and others published by the Federal or Provincial health authorities.

Before the train pulls out the Red Cross workers see that the families are supplied with necessary food and full information as to the journey,

and put them on board the train with a cheery word of encouragement for the new life. A "welfare card" follows, or sometimes precedes the family to its destination, securing for the strangers a visit from the Red Cross or the Women's Institute or the public health officer or nurse.

No wonder that the port nurse often hears Canadians, returning home, say proudly to the newcomers: "See what Canada does for us!"

In the eight months between May and December, 1922, one hundred and forty-seven ships carrying immigrants docked at Quebec or St. John. In these months the Red Cross Nursery cared for 5,186 children, 875 infants and 4,530 women. Treatments and dressings were required by 351 cases, and 1,338 "follow-up" cards were sent to Red Cross headquarters for distribution throughout Canada.

At the head of the Red Cross port service is Miss Vivian Tremaine, who was selected to nurse His Majesty the King when he was thrown from his horse in France; so that Canada's newest citizens are, in truth, "treated like kings."

This service, begun as an extension of the child welfare work of the Red Cross, has developed into an example of the finest sort of co-operation between Government departments, voluntary agencies and city health officials, all inspired by the desire to promote health, prevent disease, mitigate suffering, and increase the sum of human happiness.

—A. M. P.

The Red Cross Nursery at the port of St. John, N. B., opened its doors for the winter season on the arrival of the C.P.S. Marburn from Glasgow. There were only 173 third-class passengers on board, a good class of Scotch immigrant, but, in spite of this small number, the staff in the nursery were kept busy attending to the needs of the women and children; 25 children, 16 women, and three infants were cared for.

On December 3rd the C.P.S. Melita arrived from Antwerp with 232 thirds; 10 women, 29 children, and six infants were looked after.

On December 7th the C.P.S. Montcalm arrived from Liverpool with 252 thirds, 16 women, 29 children, and five infants; a number of these were returning to Canada, and these took the greatest pride in showing the newcomers the nursery. "See what Canada does for us!" is a phrase that we hear very often.

On December 11th the C.P.S. Metagama arrived with 500 thirds; 55 children, 26 women, and 10 infants passed through the nursery, which was so crowded at times that the people had to come in relays.

On December 16th the C.P.S. Montclaire arrived with over 500 thirds; five infants, 48 women, and 55 children were looked after.

On December 23rd the C.P.S. Minnedosa arrived with 300 thirds, 30 children, five infants, and 28 women.

There have been no special cases this month; several families have been given food for the journey, and two families helped with small sums of money; one man, a returning soldier, was given $4.00 to buy food for the journey west.

The routine work of the nursery has been carried on as usual. After passing the medical and civil inspection, the women and children are shown the way to the nursery. Here they find a large, airy rest-room, well equipped with beds for the use of any sick or tired woman, small cots for the babies, easy chairs for the women, and small red tables and chairs for the children.

The women are given a cup of tea, the children milk and biscuits, and the bottle-fed babies their own special food, whatever it may be; this food we often do not approve of, but it is impossible to change it then, and this is left for those who do the follow-up work. This part of the work is carried on most efficiently by Mrs. Rowan, commandant of the St. John Ambulance Brigade, and her V.A.D., several of whom come over for each steamer and do a very splendid work in helping the immigrants in every possible way.

One interesting and useful feature of the work at St. John is a small post-office conducted, with the permission of the postmaster, by Miss McLean, one of the V.A.D's, and there is a writing table close by where they can write their letters, which are then taken and mailed for them by Miss McLean. One can see how this is appreciated by the crowd that always surrounds the post-office.

The plan of the health services of the Red Cross is carried out by the port nurse, who talks to the mothers and finds out the circumstances of the family. The mother often tells the nurse all her troubles. Notes are taken of everything, and later the information is forwarded to headquarters in Toronto; from there a notification is sent to the nurse of the district into which the settler is going, and a few days after the arrival of the family the mother receives a visit from either a public health nurse, a representative of the Red Cross, or a member of the Women's Institute, the latter organization having done invaluable work in the country areas in this connection. In this way the welfare of the mothers and children arriving in Canada is looked after from the beginning.

A few statistics of the port work, since the opening of the shipping season in Quebec in May to the present date, may interest you: Number of steamers, 147; children cared for in nursery, 5,186; infants cared for in nursery, 875; women cared for in nursery, 4,530; treatments, dressings, etc., 351; follow-up cards sent to headquarters, 1,338.

To show you how valuable the follow-up work of the public health can be, I will cite one case: An English woman with six children, from three years to fifteen years, came into the nursery one day. The mother looked tired and very dejected, poorly clad, as were all the children. She told a story of a very hard struggle for four years; the husband could

get nothing to do in England, so had come out to Canada, and since that time the woman had been working in a brickfield, out of London, in order to support her family. Now the man had managed to send enough money for their passage out, and no more. We gave her food for the journey, some clothes given to us for this purpose by the I.O.D.E., and enough money to get to Toronto. A welfare card was sent describing the family and giving all the circumstances. Then I received a letter from Miss Dyke, telling me that the public health nurse had found the family after a hard search. The man had managed to buy a small plot of land in a field and had put up a shack. He had a horse and wagon and was selling some small wares. They found it was a case that needed all sorts of instruction. The family were given clothes and food, two of the girls were sent to good homes as domestics, and the younger children sent to school. Miss Dyke said they would be helped and supervised till they could manage themselves.

New Brunswick

Mrs. Joyce MacLean (nee Joyce Wishart) has been appointed nurse in charge of the Social Hygiene Clinic which is to be held in the St. John Health Centre.

Miss Alice Hegan, of St. John, will take charge shortly of the anti-tuberculosis work at the Health Centre, St. John.

Ontario

Ontario sends word of the pleasant visit they had recently from Miss Mary Beard, general director of the Community Health Association, Boston. Many groups interested in health service enjoyed conferences with her in reference to community programmes for health work.

The 1922-23 class in public health nursing, University of Toronto, held their graduation on May 14th. Many of the graduates have already obtained positions in Manitoba, Prince Edward Island, New Brunswick, and Ontario. For three years the Ontario Red Cross has financed this course, and now it becomes a part of the general programme of the University of Toronto.

Two hundred and twenty pupils from twelve nurses' training schools connected with hospitals in Toronto attended the lectures of the Medical Social Service course of the Department of Social Service, University of Toronto, during the past year.

Last month 1,800 pupils in the junior fourth grade of the Toronto schools took their final test at the end of their Junior Health League course of eight lessons in infant hygiene. This month a special closing was held, to which the parents were invited, and a certificate, signed by his worship the mayor, the medical officer of health and the principals of their respective schools, in addition to a pin, was given to each successful pupil.

The National Executive of the C.N.A.T.N. has approved the recommendation of the Public Health Section that one of their members should accept the invitation extended by the Educational Committee of the National Organization of Public Health Nursing in the U. S. A. to attend one of their committee meetings.

Miss Margaret Norwich, a graduate of the Riverdale Hospital, Toronto, and recently with the American Red Cross, has accepted the appointment of public health nurse for the town of Orillia.

Saskatchewan

Miss Kate Long, graduate of Winnipeg General Hospital, who has for several years done excellent work under the Bureau of Public Health in Saskatchewan, has resigned. Miss Long is to be married in June, and her many friends and co-workers in Saskatchewan are very glad that she is still to be a resident of this province.

Miss Madge Berry, who for a number of years has been on the public health staff in Saskatoon, is resigning, and will succeed Miss Long in the Saskatchewan Bureau of Public Health.

British Columbia

On April 21st, the public health classes ('21 and '22) of the University of B. C. entertained the graduating class of '23 at the Cosy Corner Tea-rooms. After the question of forming an Alumnae was discussed, it was unanimously decided to do so. Miss J. B. Peters ('21) was elected president; Miss Timmins ('23), vice-president; Miss Thompson ('22), secretary-treasurer.

It was decided that the Alumnae should meet, socially, twice a year—once in the spring for the purpose of entertaining the graduating class, and again in the summer, when it was suggested the entertainment should take the form of a picnic. It was decided that the fee for membership should be 50 cents.

The school nursing staff of the Vancouver public schools entertained at tea, on April 24th, in honor of the graduating class in public health nursing of the University of British Columbia. Tea was served in the community room at the School Board offices.

On May 15th Miss Timmins and Miss Miller commenced their duties with the Victorian Order of Nurses, Vancouver branch. This is their first post after their course in public health at the U.B.C.

The public health classes of the University of British Columbia, who have in the past been fortunate enough to have had Dr. Vrooman lecture to them on tuberculosis and its many problems, and who have spent an interesting two weeks at the Rotary Clinic, wish to express their hearty appreciation for his personal kindnesses and thoroughness in explaining the work. Dr. Vrooman has resigned from the Rotary Clinic, and, after August 1st, will give his entire time to his private practice.

On April 27th Miss Margaret Healey was united in marriage to Mr. Benjamin Crann. Miss Healey has just completed her five-year course in nursing and public health at the University of British Columbia.

The annual Canadian Public Health Congress is to be held at Edmonton, Alberta, on Tuesday, Wednesday and Thursday, June 12th, 13th and 14th. The Canadian Tuberculosis session of this congress may be arranged for Tuesday and Wednesday. The Canadian railways are circularizing all members of the National Tuberculosis Association, living in the United States, east of Chicago, suggesting that they travel to the meeting of the National Tuberculosis Association, Wednesday, Thursday and Friday, June, 20th, 21st and 22nd, at Santa Barbara, California, via the Canadian routes. They are planning time programmes as to trains, from Winnipeg west, permitting the National members to visit the provincial sanatoria at Ninette, Manitoba, Fort Qu'Appelle, Saskatchewan, and Keith, Alberta, reaching Edmonton for the Canadian Tuberculosis sessions on Tuesday morning, June the 12th. By leaving Edmonton Wednesday night, time will permit a visit to the British Columbia Provincial Sanitarium at Tranquille between trains, and sufficient time will remain to see Vancouver, and reach Santa Barbara Wednesday morning, June 20th.

This programme should be attractive. Most Canadian sanitarium physicians have visited many centres of treatment in the United States. We all hope many of our confreres to the South will return this courtesy and see some of our most creditable institutions, and lend their assistance in making this a memorable year in the annals of the Canadian Tuberculosis Association.

Make it a personal matter. Write your intimate professional confreres to the South, and assure them how pleased we will be to have them. The MacDonald Hotel in Edmonton is an excellent hostelry.

Pupil Nurses' Department

Student Organization in Small Hospitals

By A. Scott and N. Wakeling,
Maple Creek Hospital, Maple Creek, Sask.

It is generally admitted among hospital members and administrators that it is impossible to conduct a nurses' organization in a training school of less than fifteen pupils. Although it is true that an alumnae association may not be possible, yet this does not prevent the pupil nurses organizing amongst themselves. What a school of seven or eight pupils has done, and is doing, may be interesting as an instance of what even a small training school can do.

The Maple Creek Hospital Students' Organization was formed about four years ago, with the regular officers in attendance. The aims, drawn up by the pupil nurses, were as follows:

(1) Advancement of the standards of the training school;
(2) Promotion of unity and mutual help among pupil nurses;
(3) To assist the superintendent in teaching the ideals of nursing.

A list of by-laws was next formed by the senior nurses, under the following headings: Membership, Dues, Meetings, Elections, Duties of Officers, Committees, and Rules of Conduct. These rules were typewritten and placed on the bulletin-board in the home for the benefit of future probationers entering the training school.

Immediately after this association had been organized, its good results were apparent. A comfortable home had been provided for the nurses, but the lack of a sitting-room was very greatly felt. One room, therefore, was set apart for this purpose, and the students furnished it completely. A piano was at first rented and finally paid for by the donation of a grateful patient. A gramophone, with a complete set of records,

was also obtained by this means; while a rug, chairs, bookcase and table were purchased from money saved from various sources. One of these was from prize money taken at fairs and exhibitions for flowers and vegetables, for all the nurses delight in taking care of their own flower-beds. Still another method of raising money came when floats were arranged on special days, such as Dominion or Empire Day. One of these took the form of a hospital ward, with a patient in bed and nurses in attendance, which received commendation in a very substantial form. Donations, and the regular monthly fee of twenty-five cents, contribute largely to the treasury and help considerably in the obtaining of various comforts for the home. A large and roomy veranda was rendered more cosy by the purchase of material for awnings, which the nurses themselves stitched and hung during their hours off duty. One end is screened off to admit of beds being placed outside during the summer months, thus making a most delightful and healthful sleeping arrangement. The veranda is also furnished with swing couch, chairs, etc., while the purchase of a small set of dishes, electric stove, and teapot, make the serving of afternoon tea a simple and charming performance.

Through this organization of funds the nurses are often able to enjoy a social afternoon or evening—picnics or tennis being the order for the summer months, while skating and tramping parties help the winter to pass more quickly. We might add here that the formation of a tennis court was another outcome of organized expenditure. On Sunday evenings, after church, a song service is usually held in the sitting-room, so that the nurses have an opportunity of enjoying to the full the results of their efforts, feeling that each and every one, from the graduate down to the newest probationer, has an actual possessive interest in her home.

Meetings are held once a month to discuss matters of mutual interest with the superintendent, and are carried on in a strictly business manner. Any subject pertaining to the benefit or detriment of the training school is here discussed and matters of future conduct decided upon. A librarian is appointed to supervise what is hoped to be the nucleus of an interesting and instructive library; while a newspaper, entitled *Home Truths*, affords considerable social relaxation. A record is kept by the secretary of all the graduating exercises. She is also the medium by which the association is enabled to keep in touch with the affiliates of other hospitals, and the graduates who still maintain an interest in their training school, though now living in other districts.

This little sketch of what a small training school may accomplish will serve to show that organization, even in a small hospital, is not impossible, but most desirable, as it tends to make each and every one work together for the common good, so that loyalty towards the hospital, the superintendent, doctors, and each other, is the undeniable result.

Private Duty Nursing Department

Secretary-Treasurer—Miss Bertha M. Fife, 320 Roncevalles Avenue, Toronto.
National Convenor—Miss Edith Gaskell, 397 Huron St., Toronto.
Convenor Press Committee—Miss Clara A. Brown, 86 Avenue Rd., Toronto, Ont.
Nova Scotia Representative—Miss Josephine Walsh, 41 Brenton St., Halifax, N. S.
Quebec Representative—Miss Florence Thompson, 165 Hutchison St., Montreal, Que.
Ontario—Miss Helen Carruthers, 12 Selby Street, Toronto, Ont.
Manitoba Representative—Miss Henrietta Sykes, 723 Wolsely Avenue, Winnipeg.
Saskatchewan—Miss Helen Cameron, 717 Dufferin Ave., Saskatoon, Sask.
Alberta Representative—Miss Agnes Kelly, 457 Twelfth St. N.W., Calgary, Alta.
British Columbia Representative—Miss Marion Currie, 2707 Hemlock St., Vancouver, B. C.

Report on the Electronic Reactions of Abrams

By Dr. T. Proctor Hall,
Vancouver, B. C.

One year ago the name of Dr. Albert Abrams was known only to a small group of enthusiastic admirers, who hailed him as one of the greatest scientists of the age. To-day, according to the *San Francisco Chronicle*, he is the most talked of man in America. This intensity of public interest is due to a series of letters written by Upton Sinclair and published in *Pearson's Magazine*, in which he stated that he had personally investigated Dr. Abrams' treatment and had found the results to be so remarkable that no consideration of the nature of professional ethics should be allowed to prevent the public from knowing about them.

At that time I knew very little about Dr. Abrams, but, having in my possession one of his books, I took occasion to look into it rather carefully, and to try some of the simpler of the many nerve reactions he had there described. I followed this up by more extensive and intensive reading and experimentation, and in November last went to California to get first-hand information. In view of the almost incredible claims made by Dr. Abrams regarding his method of diagnosis, I was interested in obtaining, before I arrived at San Francisco, some estimate of the man from those who were personally acquainted with him. My brother, Dr. Ernest Hall, who had taken a course with Dr. Abrams earlier in the summer, and was at first extremely incredulous, became fully convinced of the genuineness of his claims and of the very great importance of his discoveries. Dr. Avey, a prominent electro-therapeutist of Redlands, Cal.,

told me that he had been personally acquainted with Dr. Abrams for eight years, and that of two things he was certain, namely, that Dr. Abrams is a man of unusual ability and that he is thoroughly honest. About the electronic system he would express no opinion, as he knew very little about it. I have heard that since then he has adopted it in his practise.

A prominent physician in Los Angeles told me that he had met Dr. Abrams twice in consultation, and had formed tentatively the opinion from these interviews that he is an expert at money-making, but that beyond this he has few qualities to recommend him. Another physician in Los Angeles, who had been using the Abrams methods for two years, invited me to watch operations during his instruction of some doctors who were learning the new methods from him. My personal observations here were distinctly unfavorable, and I was inclined to attribute whatever success the physician had to the psychic elements in his treatment. I had taken with me on this occasion an expert on chest diagnosis, who agreed with my conclusions. This Los Angeles physician appeared, however, to have remarkable success in his practise. In San Francisco I learned that Dr. Abrams had been for a long time recognized as an expert on diagnosis, apart from his present methods, and that he has always been financially independent of his professional income.

According to *Who's Who in America*, for 1922, Dr. Albert Abrams was born in San Francisco, December 8th, 1863. He received his M.D. from the University of Heidelberg, 1882; A.M., Portland University; LL.D., 1892; took post-graduate courses in London, Berlin, Paris, and Vienna. He was professor of pathology in Cooper Medical College, 1893-8; president of Emanuel Polyclinic since 1904; Fellow of the Royal Microscopical Society; president of the San Francisco Medico-Chirurgical Society in 1893; vice-president California State Medical Society in 1899. He is the author of Synopsis of Morbid Renal Secretions, 1892; Manual of Clinical Diagnosis, 1894; Consumption—Its Causes and Prevention, 1895; Transactions of the Antiseptic Club, 1896; Scattered Leaves of a Physician's Diary, 1900; Diseases of the Heart, Nervous Breakdown, 1901; The Blues, 1904; Diseases of the Lungs, 1905; Self-Poisoning, Diagnostic Therapeutics, 1909; Spinal Therapeutics, 1909; New Concepts in Diagnosis and Treatment, 1910; Spondylotherapy, 1910.

A celebrated English mathematician, De Morgan, was once asked how he dealt with the army of mathematical cranks, such as perpetual motion enthusiasts, who try to make miserable the life of any one who is mathematically prominent. His reply was that Moses, before he was commissioned to lead the Children of Israel out of Egypt, was "learned in all the wisdom of the Egyptians"; and that if any one desired to lead mathematicians out of their Egyptian darkness he must first give evidence that he is "learned in all the wisdom of the Egyptians." After that the mathematicians would be prepared to accept his leadership into new fields; but until then, good-bye. De Morgan's test has always appealed to me as thoroughly safe and sound in principle. If we apply it to Dr. Abrams,

in view of what we already know about him, we conclude that he may justify claim to be an expert in pathology and in the various forms of diagnosis, and especially in the recognition of delicate nerve reactions. He has also a good general knowledge of science, but is without a thorough practical training in electricity or in general physics. He may therefore be accepted as a leader in diagnosis, and in nerve reactions; but outside of this his conclusions require expert confirmation.

* * *

THEORY

According to the modern view, atoms are made of two and only two kinds of matter — protons (formerly called positive electrons) and electrons. Protons are minute particles, each one nearly as heavy as a hydrogen atom, and each carrying a unit charge of positive electricity. Protons form the main part of the nucleus of each atom. Electrons are much lighter in weight—only about one eighteenth hundredth part of the weight of a hydrogen atom—and swing about the nucleus in regular orbits, though some of them are held more firmly within the nucleus. The number of the more freely movable electrons, and the form of their motions, give to the atom most of its chemical and physical properties.

An atom of hydrogen consists of one proton and one electron. The electron swings round the proton as the earth swings round the sun, but the electron has relatively more room in the atom than the earth has in the solar system. The atom under ordinary conditions is electrically neutral, for the negative charge of an electron exactly balances the positive charge of a proton. An atom of helium contains in its nucleus four protons and two electrons. Outside of this nucleus are two more electrons of the free type. The "atomic number" of helium is therefore 2. The heavier atoms contain more protons with their accompanying electrons, until we reach uranium, whose atomic number is 92. All the heavier atoms are subject to spontaneous decomposition, a sort of explosion of the atoms, by which two or more different elements with smaller atomic weight are formed.

Three kinds of radiations are given out by these exploding atoms—alpha rays, which are protons positively charged, that is, protons which have lost some of their "free" electrons; beta rays, consisting of electrons separated from their protons; and gamma rays, or x-rays.

Before anything was known about electrons it was well understood that light-waves originated within the atom, by oscillation or vibration of its constituent parts. It is now known that light is electronic, produced by the oscillations of the electrons which have in each atom definite rates of vibration, recognizable in the spectroscope. With these facts as a basis, scientists have developed the wonders of spectrum analysis, by which elements in the sun and stars, trillions of miles away, are recognized as readily and as certainly as they could be in the laboratory.

It seems to be only a reasonable advance from spectrum analysis of the constituent elements to the recognition of chemical compounds, minerals, etc., by their electronic waves; and to the recognition of certain

normal and abnormal types of organic cells. The claim of Dr. Abrams to be able to recognize in human blood a constitutional disease, by its electronic reactions, is in harmony with what we already know, and must be admitted if the evidence he brings for his facts is satisfactory.

Dr. Abrams claims that all matter is "radio-active," meaning that all kinds of matter are continuously giving out radiant energy, not necessarily of the alpha, beta, or gamma type, but radiations which are electronic in origin, and which are characteristic of that particular kind of matter, and of that particular grouping of cells. He finds radiations characteristic of gems, metals, blood of men and animals, diseases, individuals, races, emotions, and thoughts.

His methods of examination and treatment combine most of the advantages of the x-ray, light, heat, high-frequency currents and radium; with little or none of the dangers attending the use of the latter.

Curiosities

In the course of his investigations Dr. Abrams has noticed a number of phenomena worthy of further investigation, but which he personally has not had time to develop. One of these, which the newspapers have exploited, is the reaction of love. Many of you have known that it is easy to pick out from a number of persons, or of names, the person or the name of the loved one; and this can be done in several different ways. Yet some of Abrams' critics have denied the possibility of this! Emotional changes are among the easiest to detect.

In many cases the handwriting of an individual gives nearly as much information as can be obtained from the blood. A lock of hair is equally distinctive; a photograph less so. But anything which has been in contact with an individual bears with it some of the electronic characters of that individual. The lighter of these electronic impressions are dissipated by a horseshoe magnet.

The reaction for wealth is a curious thing, inasmuch as it is an indication not of the real wealth, but of what the individual thinks he is worth. It would be very interesting to commercial agencies if some investigator were to work out a reliable test of this character.

Localization of centres of psychic activity in the brain has been already mentioned. It offers a large field for the psychologist and for the vocational director of children.

Family and race relationship is of interest not only to the courts, but to the anthropologist and to the student of hereditary characters.

In some cases, when a specimen of blood or of handwriting is in the dynamizer, Dr. Abrams is able to find the direction of that patient from the laboratory, and approximately his distance from it. If the patient carried with him a pocket wireless transmitter which emitted constantly waves of a definite character, any one equipped with a sufficiently delicate receiver could find the direction and approximate distance of that person

at any time. The living person emits constantly electronic vibrations whose characteristics are in some way implanted in the blood and in the handwriting. The latter apparently acts as a receiver for the electronic waves from the person; so much so that, if he has died in the meantime, the reaction for death appears in the reagent. If he is living, his location may be approximated.

The power of the will was illustrated in a patient who gave a strong reaction for carcinoma. When he (following instructions) said to himself, "I am all right," the cancer reaction disappeared. When, after a few moments more, he said to himself, "I am done for," the carcinoma reaction promptly returned. Coué should feel delighted with this evidence of the value of auto-suggestion. Few people are able to keep up such a mental attitude more than a few minutes, but while it is maintained it is a powerful therapeutic agent. So we may conscientiously join in the chorus, "Day by day, in every way, I am growing better and better."

Do plants feel? The electronic reaction for pain, which appears in the human patient only when the pain is real, and does not appear at the supposed location of referred pain or of imaginary pain, appears if the torn (not cut) part of a living flower is placed immediately in the dynamizer. Exposure of the torn part to the vapor of ether or chloroform nullifies the reaction.

When a lightly tinted pink flower, such as the American Beauty Rose, is held over the visualizing centre of the brain (on either side of the median line and 3½ centimeters in front of the ear) and a simple figure is strongly visualized for one minute, a raised white outline of the figure appears on one or more petals of the flower.

Pathographs of certain diseases, each one characteristic of its disease, can be made to appear on rose petals, or upon the arm of an insulated subject who faces west with arms extended.

The plant disease, "crown gall," due to the bacillus tumefaciens, gives the reaction for carcinoma. So does a piece of decaying fruit, and so does rusting iron.

A withered leaf or a withered petal gives almost invariably the reaction for tuberculosis.

These plant reactions I have not personally verified; but I do not doubt Dr. Abrams when he says they are found.

At the request of the Private Duty Nursing Committee of the G. N. A. of B. C., a short "refresher course" or institute for private duty nurses will be held under the direction of Miss Ethel I. Johns, R.N., of the University of B. C., if a sufficient number of private duty nurses wish to have it arranged and will attend. Names of those wishing information may be sent to either Miss E. I. Johns, Frontenac Apartments, Tenth Avenue, Vancouver, or to Miss M. L. McLeay, 1532 Comox Street, Vancouver, convenor of Private Duty Nursing Committee.

Department of Nursing Education

Conducted by the Canadian Association of Nursing Education

The Need of Staff Conferences and How to Make Them Interesting

By Jean I. Wilson, R.N.

Staff conferences are to-day becoming more firmly established in all institutions where increased interest and co-operation among fellow workers is desired. Medical staff conferences have been encouraged and even insisted upon by the American College of Surgeons in its endeavors towards hospital standardization; and, in connection with hospital administration, we have in many of our hospitals department conferences, which have been found to develop a greater unity among the chiefs of the various sections, the individual realizing the need of co-operation, as each department had its own important place to fill.

To-day, as superintendents of training schools, we are naturally more interested in these conferences as they may affect our schools of nursing, which are already showing the broadening influences radiating from Teachers College in Columbia University, the School for Graduate Nurses at McGill University, and other educational centers; and, in considering the need of staff conferences, we have only to call to mind the conditions until recently existing in many training schools, where the superintendent of nurses, principal, directress of the training school—call her by whatsoever title you may wish—rarely, if ever, consulted or discussed either training school or general nursing affairs with her staff. As a result, the average head nurse failed to become really interested in the institution as a whole, while of provincial, national and international organizations, in which, as a professional woman, she should have been a deeply interested and very useful member, she was profoundly ignorant, and therefore inactive.

It has been found that these conferences stimulate the members to realize the need of self-development, if they are to be regarded as important factors by the student nurse, the medical staff, and their fellow workers; they also stimulate each one to feel that she personally is a strong link in the training school chain of nurse education, and that in her own department she can become the "pivotal power" in developing a higher and more satisfactory standard among the student nurses with whom she comes in contact. This point reached, the natural sequence is a keen interest in the general welfare and progress of nurse education, and each woman will better carry out her obligations to her chosen profession as well as to the particular institution with which she is connected.

At the staff conferences the discussions should not only be open to

all members present, but every one should be encouraged to present her problems (with, of course, a tactful observance on the part of the superintendent of nurses that the personal element should at no time be allowed entrance). There are many sides to all questions, and the nurses learning and realizing this fact, a better understanding with a greater tendency toward co-operation will eventually exist; and for the success of these meetings the most important factor is—to quote the medical superintendent of one of our leading Canadian hospitals—"the personality of the one in charge."

Thus far the needs and benefits of these conferences have been considered principally as they affect the members of the staff, and it hardly seems necessary to emphasize how gladly all nurses in charge of training schools will welcome this innovation, if innovation it be, as by these meetings the superintendent and her head nurses will be brought into personal contact not otherwise obtainable. It is suggested that the meetings be held during duty time, this assuring a more representative attendance than we could otherwise hope for, at least until the head nurses have become interested, and to become interested they must first attend.

At these regular meetings, held every month during the school year, the superintendents of nurses would preside, and all members of her staff should be present. Subjects of general interest relating to the training school and its individual needs and difficulties may be discussed, or wider questions of provincial, or general interest and importance may be dealt with, perhaps by some one directly associated with the particular subject under discussion; for it must be realized that nurses to-day are professional women upon whom the community is becoming more and more dependent in all matters relating to health, hygiene and sanitation, and an occasional address from some representative member of the Red Cross, National Council of Women, Dominion Social Service, or other organization of national welfare, would do much to stimulate nurses. Such addresses should be given at extra meetings, rather than at the regular monthly staff conference, for an hour a month is none too much time for the discussion of one's own training school questions, difficulties, new methods, etc. These hours should be fully utilized by the superintendent and her staff, for it is here that the inexperienced head nurse will learn to ask intelligently for assistance and advice, and will gain poise and self-reliance which will aid her in her larger undertakings, as well as make her present seemingly big difficulties appear less overwhelming, realizing, as she will here learn to do, that her fellow-workers are all meeting and surmounting similar or greater obstacles.

To sum up: Staff conferences, conducted with the earnest idea of being worth while, will develop among the head nurses a spirit of service and co-operation which has not always existed, and it is hoped and believed they may also be a means towards establishing more permanent staffs in training schools, where heretofore there has been constant change in the personnel of the heads of departments.

—Read at the C.A.N.E. Convention, Edmonton, 1922.

A Review of the Report of the Committee for the Study of Nursing Education

The MacMillan Company, New York.

E. K. RUSSELL, Toronto.

For all who are interested in nursing and the education of the nurse, the appearance of this volume is of very great interest, and it will be of far reaching importance, if all who should be informed upon this subject could be persuaded to give the book serious study.

The story of the production of the report is interesting. The committee in whose name it appears was appointed by the Rockefeller Foundation in January, 1919, "to conduct a study of the proper training of public health nurses." It was not long before the committee discovered that "the entire problem of nursing and of nursing education . . . . formed one essential whole and must be so considered if sound conclusions were to be attained." Therefore, in February, 1920, the Foundation requested that the scope of the inquiry be broadened to include a survey of the whole field of nursing and nursing education, beginning with the hospital training school and "on the basis of a study of function to establish sound minimum educational standards for each type of nursing service for which there appears to be a vital social need."

The book opens with an introductory chapter containing the official report of the findings of the committee, which report embraces ten conclusions or recommendations. These conclusions apply to nursing as a career and the effort that should be made to attract the right women into it; the necessity for upholding the highest of our present standards in nursing; present conditions in training schools and the need for better organization there; the special training that should be available for all superintendents, supervisors, instructors, and public health nurses; the need for a subsidiary type of nursing service, and the training for it; the need for university schools of nursing, and, as an absolute prerequisite, the need of securing funds for the endowment of nursing education.

After this report of the committee comes the report of the survey, which occupies over five hundred pages, and gives, with a great deal of detail, a vivid picture of the work which is being done to-day by the various groups of nurses in the United States, and of the training, good and bad, which is being provided for these nurses; the survey of training includes the hospital school, the university undergraduate school, and the university post-graduate schools.

The names which appear on the committee include six nurses, ten physicians, one doctor of public health, and three laywomen. Many of these people have an international reputation, and a report which is published over their signatures should receive a very respectful consideration.

Hospitals and Nurses

QUEBEC

Montreal General Hospital

Miss I. A. Ingraham has taken charge of the X-ray department of Sherbrooke Hospital, Sherbrooke, Que.

Miss Helen Tracy has taken a position in a hospital in Rochester, N. Y.

Miss Lily Gray and Miss Hannah Stack are now connected with the V. O. N. in Montreal.

A number of M.G.H. graduates are nursing typhoid cases in the epidemic at Mansonville, Que.

Mrs. J. A. Henderson, district superintendent of St. John's Ambulance Brigade, assisted by Miss Birkett-Clark, have organized a community kitchen at Mansonville to prepare food for children and others where sickness in the family have disarranged the home life. Miss Clark is in charge; she is assisted by relays of V.A.D's from Montreal. Miss Clark has taken a special course in dietetics, and was matron of M. D. No. 4 for part of the time during the war after serving overseas.

A letter has been received from Mrs. Bernier Loft (Miss Annie Smythe, '95), who has spent many years near Port Elizabeth, South Africa. She did much work during the "flu" epidemic opening an emergency hospital of 30 beds, and has the record of not losing a patient. As there is no doctor within 20 miles of Port Elizabeth, her well-stocked medicine chest and nursing skill are often called into use.

The engagement is announced of Kathleen Summers Smith, at present at Grande Mere, Que., to Mr. Alexander Oswald Allan, of Westmount, the wedding to take place early in June.

Miss Kathleen Knight has been taken on the staff of the X-ray department of the M.G.H., after a six months' course.

Ten members registered for the Institute for Graduate Nurses at McGill University, among them being Miss Mary Shaw, lady superintendent of Jeffery Hales' Hospital, Quebec, and Miss Frances Upton, superintendent of Sherbrooke Hospital, Sherbrooke, Que.

Dr. Rabinovitch gave a most interesting lecture on "Insulin" at the March meeting, and Miss Hendrie entertained the members at the April meeting with a talk on "Old Montreal."

About $115.00 was realized at a "bridge" party held recently for the benefit of the Nurses' Home.

Misses Muriel Hill and Margery MacDonald, both of the class of '22, are engaged on the staff of the Valhalla Hospital, New York.

The sympathy of the members is extended to Miss Florence Doherty and Miss Eleanor Hancock, both of whom lost a father recently.

Royal Victoria Hospital, Montreal

Miss Grace Moffatt (1921), night superintendent of the Ross Pavilion, has resigned and will be succeeded by Miss Helen Rice (1917).

Among the R.V.H. graduates taking the course in Administration at the Summer Institute for Graduate Nurses, McGill University, were: Miss Mary Bliss (1911), superintendent of the Soldiers' Memorial Hospital, Campbellton, N. B.; Miss Lena Campbell (1919), assistant superintendent of Mirimichi Hospital, Newcastle, N. B., and Miss Helen Rice (1917), of Moncton, N. B.

The engagement is announced of Marjorie Gordon Minnes (1921) to Mr. Granvil Sinclair, Belleville, Ont., the marriage to take place early in June.

Miss Ruth Graham (1923) has been appointed assistant head nurse on the third floor, Ross Pavilion.

Miss Etta Binning, assistant head nurse, fourth floor, Ross Pavilion, has gone to England for two months.

* * * *

ONTARIO

Toronto General Hospital

The Alumnae Association held a most successful theatre night on April 23rd at the Princess Theatre, which was crowded.

Port Arthur

The local members of the Thunder Bay Graduate Nurses' Association held a very successful tea at the home of Mrs. J. A. Little, when the sum of $64.00 was raised in aid of the Memorial Fund.

London

Miss Lexie Cockburn, school nurse and member of the Victoria Hospital A.A., was one of London's delegates to the Ontario Educational Convention and the Triennial Convention of the National Educational Council of Canada, held in Toronto the first week of May.

At the May meeting of the Alumnae Association, plans for the entertainment of the 1923 class of Victoria Hospital were completed, and a dance will be held in their honor at Springbank Pavilion on May 18th. The report of the delegate to the G.N.A.O. meeting in Peterboro was given by Miss Madeline Adams.

A strong point brought out by Dr. H. W. Hill, dean of the Institute of Public Health, in support of a campaign he is waging to have public health put under Federal control to a larger extent than is done now, is the tremendous cost of dying. Estimating from the cost of London's funeral bill for the past year, which totalled $720,000.00 at the most conservative figure, the cost for the whole of the Dominion must have been, in the past year, $106,000,000.00. Dr. Hill stated that, if $100,000,000.00 were to be spent on the effort to keep Canadians healthy, at least $200,000,000.00 would be saved annually.

Owen Sound

The 1923 class of the General and Marine Hospital held their exercises recently, when the following nurses received pins and diplomas: Misses Maud Kennedy, Janet Forgrave, Mary C. Stewart, Mary Doubt, Grace Rusk, Ethel Edwards, Jessie Tippin, Elizabeth Sutcliffe, and Annabelle Brown. An excellent and much enjoyed musical programme was given and several addresses made.

Hamilton

The graduating exercises of the Hamilton General Hospital were held on May 4th in the lecture-room of the new residence. The spacious room was filled with friends and relatives of the class of 1923, with 38 members graduating. Miss Dorothy French was awarded the Emma E. Pratt scholarship, who also won one of the university scholarships. Miss Ada Scheifele won the Mary McClaren House scholarship. The D. G. McInwraith prize for obstetrics was presented to Miss Ada Squires. Miss Evelyn Hazelwood obtained one of the two university scholarships. The speaker of the afternoon was the Rev. Canon Cody, of Toronto, whose address was wonderfully inspiring.

Miss Laura Harper left recently for Mineral Springs Sanitarium, Winnipeg, where she has accepted a position.

Misses Ferguson, Campbell (Kate) and Bannister are on the staff of the Fox Memorial Hospital, Oneonta, N. Y.

Miss Wray is at the Hermon Keefer Hospital, Detroit.

Misses Duncan and Fish have gone to Cleveland, O.

Mrs. George O'Brian left recently for Norwalk, Cal., where she intends to reside. She will be greatly missed by the Alumnae Association, where she has been a helpful and efficient officer for over four years.

Chatham

A large meeting of the Public General Hospital A.A. was held May 7th at the home of Miss M. Bell. After the routine business was disposed of, the president, Miss Head, gave a most interesting report of the meeting of the G.N.A.O. in Peterboro, where she and Miss Priscilla Campbell, superintendent of the hospital, were in attendance. Mrs. T. Smith (Mrs. Bruce Suitor), a former president of the association, was presented by the members with a silver plate. A social hour, with refreshments, closed a pleasant evening.

Toronto Free Hospital

The announcement of the selection by the Department of the Provincial Secretary, Ontario, of Miss E. MacP. Dickson, lady superintendent, Toronto Hospital for Consumptives, Weston, to act as Inspector of Hospitals for the purpose of making a preliminary survey of the Training Schools for Nurses in connection with the registration of nurses, will be received with commendation by nurses generally. For many years Miss Dickson has been active in nursing affairs, and has taken a prominent place in the various organizations. In addition to having held many of the subsidiary offices, she is the immediate past president of the Canadian National Association of Trained Nurses.

In Ontario she has for many years been prominently connected with the efforts that have been made to secure suitable legislation for the purpose of putting into effect a plan whereby nurses in Ontario could be given the benefit of registration. Only those who have been intimately associated with her in these various activities can have any adequate idea of the amount of thought, time and energy which she has devoted to the interests of the nursing profession in general.

For this new line of work she is admirably qualified, in that she has had experience in large, small and special hospitals and is able to appreciate the advantages, requirements and limitations of each. She combines also in an unusual degree clarity of thought, good judgment, facility of expression, and tact, all of which are needed in the inauguration of an important piece of work such as the provincial registration of nurses is. It is confidently anticipated by those who know Miss Dickson that her work in this connection will be not only creditable to herself, but also equally satisfactory to nurses and the Department. It is understood that the appointment is for a special piece of work only, to be completed within a few months, and that not until the plan is in successful operation will the question of a permanent appointment as inspector be considered.

Cochrane

Practical help by the Canadian Red Cross has helped the situation in this town in respect to the typhoid epidemic. The Ontario Division recently voted $25,000.00, in addition to what supplies had already been given. This organization took over the emergency hospital, and Miss Morley is stationed at the town hall in charge of the Red Cross work.

* * * *

MANITOBA

Winnipeg General Hospital

Miss Edith Timleck (1917) has resigned her position as charge nurse of the operating room, Children's Hospital.

Miss Katharine Van Allen (1920), who was awarded the 1921 W. G. H. A. A. scholarship, is taking a post-graduate course in public health nursing in Toronto.

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SASKATCHEWAN

Saskatoon

The Saskatoon Graduate Nurses' Association met for the regular May meeting on Thursday, May 3rd, 1923, at St. Paul's Hospital. Representatives of the Standing Committee of the Provincial Association were appointed, as follows: To the Private Duty Committee, Miss Leitch; to the Nurse Education Committee, Sister Mayer; to the Public Health Committee, Miss McGill; to the Press Committee, Miss R. Smith. The convener of the Social Committee reported the recent dance given by the association a decided success, the net proceeds amounting to $130.00, while the evening was most thoroughly enjoyed.

The graduation exercises of the Saskatoon City Hospital were held in the Nutana Collegiate Auditorium, Saskatoon, on Friday evening, May 18th. Diplomas were awarded to the following nurses: Elsie L. McNab, Mildred J. Smith, Annie C. Marriott, Mary R. Chisholm, Margaret E. Grant, Margaret L. Cooper, Dorothy M. Tipper, Pearl V. Dolan, Edith Amas, Gladys M. Jackson, Helen B. Sim, Elsie I. Miller, Ethel M. Smith.

Moose Jaw

At the May meeting of the Moose Jaw Graduate Nurses' Association Dr. Smith gave an interesting and instructive address on "Procedure of Meetings." Representatives to the provincial standing committees were appointed as follows: To the Press Committee, Mrs. F. C. Harwood; to the Provate Duty Committee, Mrs. Bastien; to the Nurse Education Committee, Miss E. Eisele; to the Public Health Committee, Miss C. M. Kier. The members of the association decided to furnish a ward in the new wing of the General Hospital in memory of Miss Gallagher, a former superintendent of the hospital, who made the supreme sacrifice during the Great War.

Regina.

Hospital Day was fittingly observed at both the Grey Nuns' Hospital and the Regina General Hospital, many hundred visitors visiting each of the institutions. The visitors were shown over the different departments of the hospital, and tea was also served to all of the visitors.

At the May meeting of the Regina branch of the Registered Nurses' Association the following representatives were appointed to the various standing committees of the Provincial Association: To the Private Duty Committee, Miss C. J. Andrew; to the Public Health Committee, Miss M. Lindeburgh; to the Nurse Education Committee, Miss S. I. MacKinnon; to the Press Committee, Mrs. MacGillivray.

Miss A. Sheppard, convener of a special committee to arrange for a bridge party at the General Hospital Nurses' Home, reported the proceeds of the evening as $90.00; this amount was voted to be sent to the Memorial Fund, to complete the offering from the Regina nurses. Plans for a rummage sale, and committees for a bazaar, to be held in the early fall, were arranged. The local association then adjourned, to meet on the first Thursday in September.

The very deepest sympathy is extended to Miss Eva Rowand (graduate of the Victoria Hospital, London), whose sister, Annie, died on the morning of May 15th, following a long illness.

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BRITISH COLUMBIA

Vancouver

The monthly meeting of the V.G.N.A. was held on May 2nd. The principal business was discussion as to what form of community service work the association would take up, and it was finally resolved to raise funds to supply kindergarten and playground equipment for the pre-school children at the Creche.

Mrs. Stabler, Director of Red Cross Nursing for B. C., gave an address on "Industrial Nursing." Mrs. Stabler, having had much experience in this work, was able to present her subject from all the different angles. This subject was particularly interesting to those present, as this is a branch of public health nursing hardly touched upon in B. C. Tea was then served by the Social Committee.

A "get-together" supper, organized by the Public Health Nursing Committee of the G. N. A. of B. C., was held on May 16th. Following the supper, there was a short discussion on "Nutrition." Posters and literature on this subject were displayed and practical ideas expressed.

At the Eighth Congregation of the University of British Columbia for the conferring of degrees, the following nurses had their part:

In the Faculty of Applied Science, Miss Anna Marion Fisher, Miss Beatrice Fordham Johnson and Miss Margaret Louise Healey received the degree of Bachelor of Applied Science (in nursing).

In the Public Health Nursing-Diploma course of one year for graduate nurses, the following passed, in order of merit: Class 1—Florence M. Elcoate, Marion Fisher, Winnifred Godard, Beatrice F. Johnson, Janet M. Card. Class 2—Minnie E. McLennan, Marion D. Craig, Margaret J. Woods, Margaret L. Healey, Laura B. Timmins, Mary S. Miller, Kathryn Walsh, Margaret I. Glen, Charlotte S. McNaughton. Passed, Beatrice A. Bickley.

The prizes awarded by the Provincial Board of Health were awarded to Misses F. M. Elcoate and W. V. Godard.

VERNON

Miss A. T. Wilson and Miss Olive Wood, of the staff of the Jubilee Hospital, Vernon, have left for England on a five months' leave of absence.

Miss Mary Stevenson, Vancouver General Hospital, has accepted the post of night supervisor in the Vernon Jubilee Hospital.

Miss Ingram, Holy Cross Hospital, Calgary, is taking night charge of the maternity ward of the Vernon Jubilee Hospital for the summer.

NANAIMO

Hospital Day was celebrated by many citizens, who visited the General Hospital on May 12th. Addresses were given by Hon. Wm. Sloan, Minister of Mines; Mayor Busby, and Dr. Brown, the president of the Hospital Board. All spoke strongly on the present need of a new hospital and appealed to the whole city for help by each individual citizen. A band was in attendance, and tea was served by the staff, assisted by members of the Women's Auxiliary, the Red Cross, the Native Daughters, the Maccabees, and the I.O.D.E. The Women's Auxiliary, through the president, gave a prize of a $10.00 gold piece to a school child writing the best essay on "Nursing as a Profession." Miss Randle won this prize, and the hope was expressed that in the future Miss Randle would become a nurse.

VICTORIA

The Alumnae Association of the Provincial Royal Jubilee Hospital have adopted a ward with six beds in the east wing, to be used as a woman's ward. Heretofore their efforts have been made toward refurnishing the present woman's ward, new beds and bedside tables having been purchased. It is expected that the new hospital will be open by November, 1923. At a meeting of the executive of the A.A., held recently, a letter of protest was sent to the Board of Directors against the proposal to change the name of the hospital.

Many entertainments were given for the graduating class of 1923 at St. Joseph's Hospital, in addition to the delightful function at the exercises. Miss Margaret Redford was the recipient of the Bursary given by the Victoria Graduate Nurses' Association to the most efficient nurse in the first year.

The monthly meeting of the Victoria G.N.A. was held on May 8th, with a good attendance. Keen interest was shown in the lantern slide illustrating the "History of Nursing." Miss Gregory-Allen gave a talk on these slides, and Miss Jessie Mackenzie assisted with the lantern.

NEW WESTMINSTER

Miss Standish (Royal Columbian Hospital) has accepted a position at the Laurel Sanitarium, Seattle, Wash.

Misses G. Taylor and E. L. Swanson (Royal Columbian Hospital) have accepted positions on the staff of the Cleveland Maternity Hospital, where they have been taking post-graduate courses.

Miss Code, who had charge of the Sick Nursing Sisters' Hospital in London, is at present in Los Angeles, Cal., staying at the Kinsington Apartments with Miss M. MacDonald, R.R.C., and Miss Stella Dolan.

Mrs. Ray Hyland (M. C. Burt), who was in charge of the obstetrical floor in the Pacific Hospital, Los Angeles, has resigned, and is doing private duty. Miss Hope Massey resides with her.

BIRTHS

Beatty—On February 13th, 1923, to Dr. and Mrs. J. C. Beatty (Bernice Petch, Winnipeg General Hospital, 1916), twin sons.

Boulding—At the Grey Nuns' Hospital, Regina, Sask., on April 27th, 1923, to Mr. and Mrs. E. F. Boulding (Rachel G. Moran, Grey Nuns' Hospital Regina, 1921), a son.

Clapperton—At the Private Pavilion, Toronto General Hospital, on May 7th, 1923, to Mr. and Mrs. W. Clapperton (Madeline Essery, 1921), twin daughters.

Farlinger—At New Liskeard, Ont., on February 28th, 1923, to Dr. and Mrs. A. C. Farlinger (Sara McCorquodale, Royal Victoria Hospital, 1919), a son, Fraser Alexander Farlinger.

Fawcett—At the Private Pavilion, Toronto General Hospital, to Mr. and Mrs. Fawcett (Mabel McNaughton, 1919), a daughter.

Hardwick—At the Montreal Maternity Hospital, on May 3rd, 1923, to Mr. and Mrs. Hardwick (C. M. McIntosh, M.G.H., class 1920), a daughter.

Scott—At Vancouver, B. C., on December 8th, to Mr. and Mrs. Osborne Scott (A. Heath, Winnipeg General Hospital, 1920), a son.

Scott—To Dr. and Mrs. Max Scott (M. Metheral, Winnipeg General Hospital, 1920), a daughter.

Smith—To Mr. and Mrs. Ralph Smith (Minerva M. Milton, Regina General Hospital, 1918), on April 28th, 1923, a daughter.

Truemmer—At the Winnipeg General Hospital, on February 7th, 1923, to Mr. and Mrs. D. Truemmer (N. Walters, W.G.H., 1917), a daughter.

MARRIAGES

Cameron-Jack—At Winnipeg, on December 7th, 1922, Agnes Jack (Winnipeg General Hospital, 1921) to Mr. Bert Cameron.

Ellis-Pirt—At Winnipeg, Man., on December 25th, 1922, Margaret Pirt (W.G.H., 1920) to Mr. William Ellis.

Fuller-Straith—On August 30th, 1922, at Pertacho Beach, China, Margaret Meldrum Straith (Winnipeg General Hospital, 1919) to Mr. G. V. Fuller.

Harding-Stanley—At Punnichy, Man., on January 15th, 1923, Hazel Stanley (Winnipeg General Hospital, 1921) to Mr. John Harding.

Keighley-Ehlers—On April 6th, 1923, Winifred Ehlers (Royal Jubilee Hospital, Victoria, B. C.) to Mr. Harvey Keighley, Eagle Bay, B. C.

McCallum-Watts—At Winnipeg, Man., on January 10th, 1923, Emmeline Watts (W.G.H., 1917) to Mr. F. McCallum.

McLellan-Ewart—At Penticton, B. C., on April 17th, 1923, Bernice Jane Ewart, R.N. (Toronto Western Hospital, 1916), to John Alfred McLellan, of Fairview, B. C.

McQuarrie-Burnett—At Vancouver, B. C., on April 25th, 1923, Bessie L. Burnett (Vancouver General Hospital) to Mr. J. A. Herbert McQuarrie.

Oliver-Mitchell—At Saskatoon, Sask., on May 1st, 1923, Elizabeth Alice Mitchell (Saskatoon City Hospital, 1914) to Rev. Arthur S. Oliver, Presbyterian minister at Landis, Sask. Miss Mitchell was a former matron of the Kindersley Hospital. Mr. and Mrs. Oliver left for a visit to the British Isles and to the Continent, and will reside in Landis.

Rice-Corner—At Seattle, Wash., on May 1st, 1923, Edith Isabel Corner (Vancouver General Hospital, Vancouver, B. C., 1921) to Francis E. Rice, of Seattle.

Ruff-Carruthers—At Cranbrook, B. C., on May 2nd, 1923, Mrs. Emma V. Carruthers (Brandon General Hospital, Brandon, Man.) to Mr. Joseph Whitehead Ruff. Mr. and Mrs. Ruff will reside at Waldo, B. C.

DEATHS

Legge—On March 7th, 1923, at her sister's residence, after a long and painful illness, borne with great Christian fortitude, Martha L. Legge, graduate of the Hospital for Sick Children, Toronto (class 1896) and post-graduate of Montreal Maternity Hospital and General Memorial Hospital, New York City.

McDougall—At San Bernardino, Cal., on April 13th, 1923, Anna MacDougall (Saskatoon City Hospital, 1917).

Newland—At the American Hospital, Mexico City, Mexico, on April 24th, 1923, Mary Ethel Newland. Miss Newland was a native of Sydney, Australia, a registered nurse of British Columbia, and a graduate of the Royal Prince Albert Hospital, Sydney, N.S.W. She had resided in Mexico for a little over two years, and her sudden death after an operation proved a shock to all her friends.

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Students taking either course will be permitted to participate in all the activities, social and otherwise, of the Summer School.

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Regular monthly meeting—First Tuesday, at 8 p. m.

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Regular Meetings, First Friday of each month at 8 p.m.

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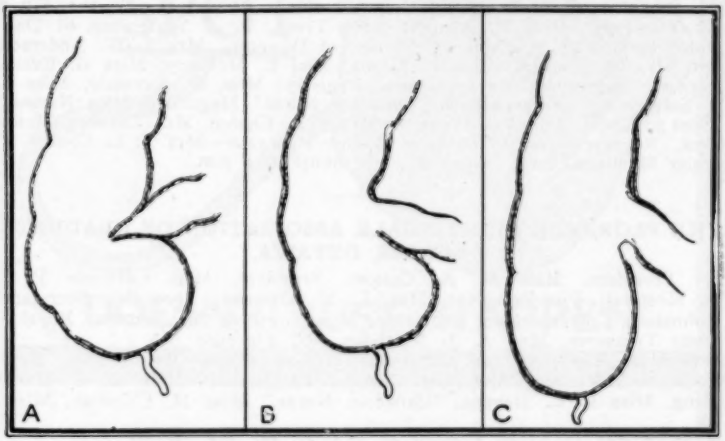

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Regular Monthly Meeting—Last Tuesday, at 2:30 p.m.

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Regular Monthly Meetings—First Monday of each month at 3 p.m.

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Regular Meeting—First Monday in each month.